



THE CITY OF SAN DIEGO COMMUNITY PARKS I DIVISION  
PARK AND RECREATION DEPARTMENT

**MIRA MESA GIL JOHNSON COMMUNITY  
PARK AND RECREATION CENTER**

8575 New Salem St., San Diego, CA 92126  
Direct: (858) 538-8122 Fax: (858) 538-8104

**HOURLASS PARK AND FIELD HOUSE**

10440 Black Mountain Road, San Diego, CA 92126  
Direct: (858) 538-8153 Fax: (858) 538-8150

**LOPEZ RIDGE COMMUNITY PARK**

7245 Calle Cristobal, San Diego, CA 92126  
Direct: (858) 538-8171 Fax: (858) 689-2618  
[www.miramesatowncouncil.org/recreationcouncil.htm](http://www.miramesatowncouncil.org/recreationcouncil.htm)

**"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"**

[www.sandiego.gov](http://www.sandiego.gov)

*Winter Program*  
*2009*

## WELCOME!

Our staff cordially invites you to visit one of three community recreation centers in Mira Mesa, Mira Mesa Recreation Center, Hour Glass Park and Field House and Lopez Ridge. There are classes for all ages, youth, teens and adults alike. Look through the program for a class you and your family may enjoy. There are a variety of classes to choose from dance, art, and sports, to name a few. Free play hours are available in the game room at Mira Mesa and gym at Mira Mesa and Hour Glass Field House.

### WINTER REGISTRATION

\* Pre-registration: December 7 - 13, 2009

\* *Pre-registration is for returning students only.*

Open Registration: December 14, 2009

Open Registration until classes are full or two weeks into the session. Classes are not prorated.

**Classes start week of January 4, 2010.**

### SPRING REGISTRATION

\* Pre-registration: March 8 - 12, 2010

\* *Pre-registration is for returning students only.*

Open Registration until classes are full or two weeks into the session. Classes are not prorated.

**Classes start week of March 29, 2010.**

A parent or legal guardian can register someone under the age of 18 years old. All participants must present proof of payment to the instructor on the first day of class. No registration can be taken or refunds issued after the second week. Please register early as classes fill up or are canceled if not enough students enroll.

**ATTENTION:** All fees must be paid in full prior to taking the class. Make checks payable to Mira Mesa Recreation Center or pay exact cash. There will be a \$35 service charge on all returned checks. Also, for refunds there will be a \$10 service fee. Classes not meeting the minimum number of 5 to 8 students may be canceled.



*All City of San Diego parks and beaches are smoke free.*

### HOLIDAY CLOSURES

January 1, 2010 - New Year's Day

January 18, 2010 - Martin Luther King, Jr. Day

February 15, 2010 - Presidents Day

March 31, 2010 - Cesar Chavez Day

### RECREATION COUNCIL INFO

The Recreation Council meets on the Second Tuesday of the month at 7:00 pm at:

Lopez Ridge  
7245 Calle Cristobal

The Mira Mesa Recreation Center was dedicated in January of 1977. Ten years later on April 3, 1987 the center was named the "Gil Johnson Recreation Center" after Gilbert Johnson who served in numerous public and community capacities including City council member from 1971-1977 and deputy mayor in 1975. He will always be known to Mira Mesa as a man who was dedicated to responsible and effective government.

### RECYCLING BINS

Located at northeast corner of parking lot at the Mira Mesa Recreation Center.

Newspapers, glass, cans and plastic. All proceeds go towards programming and keeping the center open.

## Mira Mesa Recreation Center Hours Of Operation

**Day:** Monday - Friday

**Time:** 2:00 - 8:45 pm

**Day:** Saturday

**Time:** 9:00 am - 3:45 pm

**Day:** Sunday

**Time:** 10:00 am - 3:45 pm

## Open Gym and Game Room Schedule

**Day:** Monday - Friday

**Time:** 2:00 - 8:30 pm

*\* Game Room NOT open on Wednesdays*

**Day:** Saturday

**Time:** 9:00 am - 3:30 pm

**Day:** Sunday

**Time:** 10:00 am - 3:45 pm

*Hours subject to change without notice.*

*\* The Mira Mesa Recreation Center is open  
on the weekends through the courtesy of the Mira  
Mesa Recreation Council.*

## City Dance Classes

[www.cividdancearts.org](http://www.cividdancearts.org)

## San Diego Civic Dance Arts

**Registration:** Week of January 6, 2010

**Class:** January 13, 2010

**Tap Instructor:** Ava Bishop

**Jazz Instructor:** Rachel Mitchell

Register with the teacher at the location of the class on the day and time of class. \$48.00, payable to "City Treasurer". All class are intermediate or Advance and are by teacher promotion only.

**Wednesdays:**

**3:00 pm – Pre-Tap (4 - 5 yrs old)**

**3:45 pm – Tap 1 (6 - 17 yrs old)**

**4:30 pm – Jazz 1 (6 - 17 yrs old)**

**5:15 pm – Tap 2 (Instructor permission only)**

**6:00 pm – Jazz 2 (Instructor permission only)**

**TIMES SUBJECT TO CHANGE**



## Ceramic Class

This class is for beginners to advance students. Students will learn how to make mold projects, hand-formed projects and glazing techniques. Limit 15 students.

**Sessions:** January 27 - March 24, 2010

**Registration:** January 18 - 19, 2010

**Day:** Wednesday

**Time:** 2:00 - 4:30 pm

**Ages:** Adult

**Fee:** \$125 / 9 weeks (\$10 supplies fee collected 1st day of class)

**Instructor:** JoAnne Alcala

[joanne2moreyou@yahoo.com](mailto:joanne2moreyou@yahoo.com)

(858) 761-7415



## Special Event: Lunch with Santa

*Date:* December 12, 2009

*Time:* 12:30 - 2:30 pm

*Ages:* 2 - 10 years

*Price:* \$6.00 per child,

*Includes picture, pizza, & gift*

*Registration:* December 1 - 9, 2009

*\*Space is limited to the first 40 children!*

*\*\* Only at Mira Mesa Rec. Center \*\**



**Lopez Ridge Community Park**  
**7245 Calle Cristobal**  
**San Diego, CA 92126**  
**Direct: (858) 538-8171**  
**Fax: (858) 689-2618**

**For Park Use Permit, Contact Maria Herschman, Center Director, at (858) 538-8171**

**City Dance Classes**  
[www.civildancearts.org](http://www.civildancearts.org)

**San Diego Civic Dance Arts**

**Registration only: January 4, 2010**  
*(Register directly with instructor)*

**Classes: January 11 - May 17**  
*(No Class on City holidays 1/18, 2/15  
 and for Spring Break 3/29 and 4/5)*

**Fee: \$48 per session**  
*(checks payable to "City Treasurer")*



**Sessions:**  
**3:00 pm – Pre-Tap/Pre-Ballet Combo (3 - 5 yrs old)**  
**3:45 pm – Tap (6 - 17 yrs old)**  
**4:30 pm – Ballet (7 - 15 yrs old)**  
**5:15 pm – Hip Hop (6 - 17 yrs old)**  
**TIMES ARE SUBJECT TO CHANGE**

Registration times are the same date and time that is listed for the class you will be attending. Please register at that specific date and time in order to assure the minimum enrollment is met. If minimum enrollment is not met classes will be cancelled.

**Mommy and Me**

**Registration: January 25**  
**Classes: February 1**  
**Day: Mondays, 10:30 - 11:30 am**  
**Fee: No Cost**  
**Ages: 1 yr - 3½ yrs old**  
**Sessions: 5 week session, limited to 12 (includes parent and child)**



Activities will include story time, arts & crafts, and sports.

★ ★ ★ **Upcoming Events** ★ ★ ★  
**Mark Your Calendars!**

**CREATIVE VALENTINE ARTS**

**Date:** Friday, February 12th  
**Time:** 10:00 - 11:00 am  
**Ages:** 1 ½ - 4 yrs old  
 Call to sign up at (858) 538-8171, Space is limited!

**PARADE OF WHEELS**

**Date:** Wednesday, March 24th  
**Time:** 10:30 - 11:45 am  
**Ages:** 4 yrs old and under  
 Come decorate and join us for the parade of wheels in the park!!

**SPRING EGG HUNT**

**Date:** Thursday, April 1st  
**Time:** 10:30 am  
 Come meet Peter Cottontail. Join us for a EGG-CITING egg hunt!



*Please join us:*

*Wednesday, January 27th at 6:30 pm*

*We need your ideas for programs and activities you would like to see offered at Lopez Ridge Community Park.*



## Hourglass Park and Field House Open Gym Schedule

**Day:** Monday  
**Time:** 2:00 - 5:00 pm

**Day:** Tuesday  
**Time:** 2:00 - 5:30 pm

**Day:** Wednesday  
**Time:** 2:00 - 5:30 pm

**Day:** Thursday  
**Time:** 2:00 - 5:30 pm

**Day:** Friday  
**Time:** 2:00 - 4:00 pm



## Open Volleyball Schedule

**Day:** Monday  
**Time:** 6:00 - 8:00 pm

## Creative Arts

**Classes:** January 4 - February 22  
**Day:** Monday  
**Time:** 5:15 pm – 6:30 pm  
**Ages:** 6 yrs and up  
**Fee:** \$65.00 / 8 weeks  
**Instructor:** Tom Baker

Class is designed to provide children a positive, fun filled experience each week. Hands – on projects will include drawing, painting, craft works, and the creation and completion of a ceramics piece. Students will keep all artwork. (An additional fee may be required for special projects)



## Dance Classes

**Classes:** January 9 - March 13

**Day:** Saturday

**Fee:** \$75.00 10 weeks

**Instructor:** Michelle Fripp

(Maximum 18 students per class)



### First Steps in Tap/Ballet:

**Time:** 9:10 - 10:00 am

**Ages:** 3 - 4 yrs

Classes are designed to teach basic ballet and tap combinations along with exercises to enhance rhythm coordination and motor development.

## Introduction to Ballet / Tap & Jazz

**Time:** 10:10 - 11:00 am

**Ages:** 4 - 6 Yrs

Introduction to ballet, tap, and jazz encompassing awareness of music, direction, and body discipline.

## Jazz / Tap Combo Level I & Level II

**Class:** Level I

**Time:** 11:10 am - 12:00 p.m.

**Ages:** 6 yrs & up

**Class:** Level II

**Time:** 12:10 - 1:00 pm

**Ages:** 6 yrs & up

Classical jazz and tap "level II" for intermediate dancers – by instructor's referral only.



## Teen / Adult Ballet

**Instructor:** Marti Neal

**Class: Level I**

Would you like to improve your balance, flexibility, alignment and coordination in a relaxed atmosphere? Beginning level ballet, the basis of all other dance forms, includes terminology, warm up, center and across the floor movements. Suitable for those with little or no dance background. Pink tights, slippers and black leotards after first class meeting. (Minimum 6 students.)

**Fee:** \$50.00 for 5 classes

**Dates:** Tuesday or Thursday  
January 5 - February 2  
February 9 - March 9

**Time:** 6:00 - 7:00 pm

**Ages:** 14 yrs & up

**Class: Level II**

Intermediate level class including terminology, full barre and center, pirouettes, adagio and grand allegro movements taught in easy-to-learn combinations in a relaxed atmosphere. Optional pointe after class with instructor permission. Pink tights, pink slippers and black leotards after first class meeting. (Minimum 6 students.)

**Fee:** \$62.50 for 5 classes

**Dates:** Tuesday or Thursday  
January 5 - February 2  
February 9 - March 9

**Time:** 7:00 - 8:15 pm

**Ages:** 14 yrs & up



## City Dance

**Registration:** Week of January 6, 2010

**Class:** January 13, 2010

Register with the teacher at the location of the class on the day and time of class. \$48.00, payable to "City Treasurer". All class are intermediate or Advance and are by teacher promotion only

**Wednesdays**

**4:15 - 5:15 pm - Ballet Intermediate, (7-15 yrs & up)**

**5:15 pm - Tap 2A, (6 - 17 yrs)**

**6:00 pm - Jazz 2 (6 - 17 yrs)**

**6:45 - 8:15 - Ballet intermed. / Advance (11 yrs & up)**

## Ice Skating

**Classes:** January 6 - January 27  
February 3 - February 24  
March 3 - March 24

**Fee:** \$45.00 / 4-week class

**Instructor:** Wendy Smith

**Tot Starter:**

**Day:** Wednesday

**Time:** 4:00-4:30 pm

**Ages:** 3-5 yrs

**Youth:**

**Day:** Wednesday

**Time:** 4:30-5:00 pm

**Ages:** 6-12 yrs



**Classes are held at:**

San Diego Ice Arena  
11048 Ice Skate Place  
(858) 530-1826

Skaters can practice during the public session from 3:00 pm to 5:00 pm before or after their class. Skate rental is included. Students should dress warmly and wear gloves or mittens.

## Gym Ventures Gymnastics Program



**Gym Ventures** is a family of responsible kids, parents, and teachers. We provide a loving and supportive environment for children of all ages to develop physical and mental awareness through gymnastics, dance, and fitness. We use these activities as a tool to inspire confidence, athleticism, and happiness in your child.

Don't hesitate to contact us with any questions at (858) 272-2266 or at [info@gymventures.com](mailto:info@gymventures.com) or check out our website at [www.gymventures.com](http://www.gymventures.com).

**Classes:**    **January 4 - February 6**  
                   **February 8- March 13**  
                   **March 15 - April 17**

**Fees: \$75/child/class for the 5-week session.**

*\* We need 6 students (minimum per class to have the class run).*

**Ages:**        **Day and Time:**

3 - 5 years    Sat. 9:10-10:00 am or Mon. 4:10-5:00 pm

6+ years     Sat 10:10-11:00 am or Mon. 5:10-6:00 pm



## Emerald City Academy of Rhythmic Gymnastics

This class is a unique sport, rhythmic gymnastics, where sport meets grace. Extraordinarily popular in Europe, rhythmic gymnastics blends, dance and traditional gymnastics, performed while tossing, catching and moving ribbons, ropes, hoops, balls and clubs.

An Olympic sport, rhythmic gymnastics is a great way to develop flexibility, coordination, posture, carriage and poise for girls aged 3-16.

### **Beginning and Intermediate:**

Description: These classes are targeted to girls aged 5-10. They focus on development of flexibility, fitness, body shaping and coordination through a mixture of rhythmic ballet, gymnastics elements, flexibility training and apparatus handling (ribbon, hoop, clubs, ball, etc.). In a fun, friendly, environment, girls are encouraged to master new skills and take on challenges in flexibility, fitness and artistry.

**Preschool Classes:** Mon./Wed. 3:00-3:50PM

**Fees:** 5-week sessions – \$90

**Beg./Int. Classes:** Mon./Wed. 4:00-5:30PM

**Fees:** 5-week sessions – \$90

Please feel welcome to view our website at [www.emeraldcityrhythmic.com](http://www.emeraldcityrhythmic.com) or to call us at (619) 437-4161 with any questions.



## KAJUKENBO

**Ka - Karate, Ju - Judo/Jujitsu,  
Ken - Kenpo, Bo - Chinese Boxing**

**Classes:** January 6 - February 6  
February 10 - March 13  
March 17 - April 24

**Instructor:** Sifu Philip Dang  
Sifu Remy Dang

**Contact:** kajukenbofighter22@hotmail.com  
(619) 840-6964

### Youth:

**Day and Time:** Wednesday, 4:30 - 5:30 pm and  
Saturday, 9:00 - 10:00 am

**Ages:** 5-14 yrs  
**Fee:** \$55.00 / 5 weeks

### Adult:

**Day and Time:** Wednesday, 6:00 - 8:00 pm and  
Saturday, 10:00 am - 12:00 pm

**Ages:** 15 yrs and up  
**Fee:** \$65.00 / 5 weeks

**KAJUKENBO** is an eclectic martial arts system derived from Karate, Judo/Ju-Jitsu, Kenpo, and Chinese Boxing.



## Ken-Ka-Kung Fu

**Classes:** January 5 - February 4  
February 9 - March 11  
March 16 - April 15

**Instructor:** Sigung Geoff Alpert  
(8th Degree Blackbelt)

**Contact:** (619) 282-5005

### Youth:

**Day:** Tuesdays  
**Time:** 4:30-5:30 pm  
5:30-6:00 pm (advanced)

**Ages:** 5-16 yrs  
**Fee:** \$60.00 / 5 weeks



### Adult:

**Day:** Tuesdays and Thursdays  
**Time:** 6:30-8:00 pm  
**Ages:** 16 yrs - Adult  
**Fee:** \$75.00 / 10 lessons



This class addresses an individual's needs and capabilities at all levels and is designed to improve and enhance your child's ability to listen, focus, and develop skills in balance and coordination.

**Raising the bar and pushing the envelope =  
Enhanced Confidence and Self-Esteem**

**Traditional System = No Tournament  
participation**

**In Ken-Ka-Kung Fu, the only competition  
is found within YOU!**



## Summer Youth Basketball League

**Ages:** 5-17 yrs

**Registration:** March 27 - May 8

**Player Evaluations:** May 8, 2010

**Div. AA** (5 - 6 yr olds): games - Sat. morning

**Div. A** (8 & under): games - Sat. morning

**Div. I** (9-10 yr olds): games - Sat. morning

**Div. II** (11-12 yr olds): games - Fri. nights

**Div. III** (13-14 yr olds): games - Fri. nights

**Div. IV** (15 - 17 yr olds): games - Tues. nights

**Games begin:** June 5, 2010

**Fee:** \$85.00

**Late Fee:** \$95.00, May 8 - June 5, 2010

**Birth certificate required for sign-up**

**League Director:** John Garwood

For more information, please contact **John**

**Garwood** directly at (619) 922-2951 or by email at [nbpbasketball@san.rr.com](mailto:nbpbasketball@san.rr.com).

Younger players may play up one division.

Volunteer coaches needed. Fingerprinting required for all volunteers.



## Basic Fundamentals of Basketball

**Classes:** January 5 - March 12

**Day:** Tuesday

**Time:** 5:00 - 6:00 pm

**Ages:** 5-6 yrs

**Day:** Thursday

**Time:** 5:00 - 6:00 pm

**Ages:** 8-12 yrs

**Day:** Friday

**Time:** 4:00 - 5:00 pm

**Ages:** 5-7 yrs

**Day:** Friday

**Time:** 5:00 - 6:00 pm

**Ages:** 8-12 yrs

**Fee:** \$65.00 / 10 weeks

**Instructor:** John Garwood

Learn the basic fundamentals of basketball, for the beginner as well as the experienced player who wants to improve his/her skills. (12 Maximum)



## Tennis

**Miramar College, Court #1 and #2**  
**Classes: February 6 - April 10**  
**Days: Saturday and Sunday sessions**

**Adult - NTRP 2.5 or above**

**Time: 7:00 - 8:00 am**

**Ages: 18 and up** (maximum 12 per day)

**Fee: \$75.00 / 10 weeks**

**Kids & Juniors - NTRP 1-1.5**

**Time: 8:00 - 9:00 am**

**Ages: 6 - 10** (maximum 12 per day)

**Fee: \$75.00 / 10 weeks**

**Kids & Juniors - NTRP 2-2.5**

**Time: 9:00 - 10:00 am**

**Ages: 8 - 14** (maximum 12 per day)

**Fee: \$75.00 / 10 weeks**

**Kids & Juniors - NTRP 2-2.5**

**Time: 10:00 - 11:00 am**

**Ages: 8 - 14** (maximum 12 per day)

**Fee: \$75.00 / 10 weeks**

**Kids & Juniors - NTRP 3-4.5**

**Time: 11:00 am - 12:00 pm**

**Ages: 10 - 16** (maximum 8 per day)

**Fee: \$112.50 / 10 weeks**

**Kids & Juniors - NTRP 1-1.5**

**Time: 12:00 - 1:00 pm**

**Ages: 6 - 10** (maximum 12 per day)

**Fee: \$75.00 / 10 weeks**

This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced. Tennis racquet and tennis shoes are required. Each student must bring a can of unopened tennis balls on first day of class.



## Individuals With Special Needs

Disabled Services is a City of San Diego Park & Recreation Dept. city-wide program that provides recreational opportunities for people with disabilities. For information, or to be placed on their mailing list, please call (619) 525-8247.

## Important Phone Numbers

SDPD (Non-Emergency).....(619) 531-2000  
 Disabled Services .....(619) 525-8247  
 Ned Baumer Pool.....(858) 538-8083  
 Senior Center .....(858) 578-7325  
 Teen Center.....(858) 271-4000

## Youth Sports

MM West Little League  
 - Steve Porter ..... spmail@san.rr.com  
 MM Youth Baseball  
 - Tisha Williams ..... 254-6278  
 MM Youth Football  
 - Kevin Bush..... 824-6669  
 AYSO ..... 382-4919  
 MM Soccer Assn  
 - Bob Turner..... 689-8859  
 MM Girls Softball League ..... www.mmgs.org  
 Youth Basketball  
 - John Garwood .....(619) 922-2951

## Adult Sports

Coed Softball  
 - John Grondona.....(619) 261-0826  
 Co-ed Softball  
 - Gayla Spangler..... 695-1898  
 Adult Basketball League  
 - Rob Powell ..... 829-8007

## Mira Mesa Neighborhood Parks

Lopez Ridge.....7245 Calle Cristobal  
 Maddox Park .....7815 Flanders Dr  
 Mesa Verde .....8350 Gold Coast  
 Mesa Viking..... 11278 Westonhill Dr  
 Sanburg Park..... 11170 Avenida Del Gato  
 WestView Park .....11278 WestView Pkwy  
 Walker Park .....9125 Hillery Dr  
 Mcauliff .....7540 Winterwood Lane

## Joint Use Neighborhood Parks

Challenger..... 10810 Parkdale Ave  
 Hourglass Park..... 14440 Black Mtn  
 Walker School .....9125 Hillery Dr.  
 Wangenheim School.....9125 Hillery Dr.  
 Mason ..... 10340 San Ramon Dr.  
 Ericson ..... 11174 Westonhill Dr.

## Parks with a Gazebo

Breen Park ..... 11103 Polaris Dr.  
 Camino Ruiz Park..... 11498 Camino Ruiz  
 Maddox Park .....7815 Flanders Dr  
 Mira Mesa Park .....8575 New Salem St  
 WestView Park .....11278 WestView Pkwy

## Park Use Information

For park use permits and reservations for the above listed areas including, but not limited to sports field use, picnic areas, and special events, and gazebos please contact: The Mira Mesa Recreation Center at (858) 538-8122.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

*We Hope You  
have a  
Wonderful Holiday  
with Your Family.*

